

Genetic Testing Gives You The Answers For Hard To Treat Diagnosis



The scientific study of individualized genetics and nutrition is known as nutritional genomics or “nutrigenomics”. Nutrigenomic (NGx) testing accurately identifies each patient’s genetic protein variations to identify sites of metabolic weakness. Abnormalities in specific polymorphisms can negatively affect many physiological and metabolic processes.

Overcoming these metabolic weaknesses with the right supplement allows each patient to overcome his or her genetic weaknesses (SNPs) and

maintain optimal health. Many people take supplements and vitamins in hopes of improving their nutrition. However, most do not have specific knowledge or a scientific basis for their nutritional needs and therefore end up wasting money on supplements with little to no benefit.

Personalized genetic testing solves this problem by providing patients with a targeted, concrete, evidence-based account of their specific nutritional needs. NGx testing is a state-of-the-art, innovative technology aimed at bridging the gap between modern genetics and nutrition.

Kephart Integrative Medicine is excited to be at the forefront of NGx testing. The genetic testing and analysis allow for data-driven, personalized nutritional recommendations for every patient. Armed with genetic information, our patients are better-equipped to achieve their nutrition goals. NGx services are safe and non-invasive, requiring

only a cheek swab for a functional sample.

Why do patients need nutrigenomic testing?

Genetic variants are more common than we realize:

- More than 75% of all patients have significant genetic weaknesses (SNPs) in the most important nutritional metabolism pathways.
- Millions of patients spend their hard-earned money on nutritional supplements without knowledge or scientific proof of nutritional need or benefit.
- Without genetic validation of enzyme function, many supplements are not effectively delivered at the cellular level; therefore, the patient can be wasting time and money with nutritional ingredients that have little to no benefit.

Genetic testing can help:

- Determine each patient’s unique genetic-based metabolic needs
- Provide the nutritional supplement/s needed for

each specific polymorphism

- Take the “guesswork out of complex biochemical pathways

The answer to your existing health problems or potential health issues could be a cheek swab away.

Eric M. Kephart, DO practices integrative medicine at 403 Hyde Park in Doylestown. At Kephart Integrative Medicine, we work to empower our patients to enjoy a youthful, healthy, and satisfying lifestyle. We believe in forging relationships with our patients to better understand their health and wellness goals. This enables us to develop an effective plan that gets results. Call our office today to restore your health! (267) 406-4083.

kephart

KEPHART INTEGRATIVE MEDICINE

Call our office today to restore your health!

267-406-4083

403 Hyde Park, Doylestown PA 18902

www.kephartintegrativemedicine.com

drk@kephartintegrativemedicine.com